



The only Registered Yoga School in Mid-Michigan
111 East Allegan Street
Lansing, MI 48933
517-282-7662
www.asyouareyoga.com

Bring a Friend to Class Week
begins Sunday March 4
Your friend takes class at no charge!

New Classes for Spring:

Tuesdays:

Am Yoga Yoga at 7:30 am w/ Tara
Slow Flow Yoga at 12:10 pm w/ Maggie

Wednesdays:

Hatha Yoga Matinee at 4:20 pm w/ Tara

Thursdays:

Belly Dance Level 2 at 7:15 pm w/ Ari

Saturdays:

Yoga for Girls: Tween Queens (8-12 yrs) at 11:15 am w/ Sybil and Tara

Spring Specials:

- Sunday Ashtanga Yoga at 10:30 is \$60 for 7 classes **(save \$10)**
- Tara is offering **Early Registration Discounts and special student rates** on all of her classes!
- Sandy offers **multi-class discount** for her classes

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